

Rina Trepanier
Sales Representative
Experience Counts!

Visit all Rina's listings
www.rinat.ca

905-892-0222 • 905-734-4545
Direct 905-980-1199
E-mail: rinat@royallepage.ca

ROYAL LEPAGE
NIAGARA REAL ESTATE CENTRE, BROKERAGE
26 Years of Award Winning Real Estate Sales

HOME DELIVERY CALL 905-732-2111

THURSDAY, MARCH 27, 2014

www.pelhamnews.ca

JEAN HAAPAMAKI

Sales Representative



THINKING OF
LISTING OR
SELLING.
FREE MARKET
EVALUATION

Direct: 905-988-8449

www.jeanhaapamaki.ca

COLDWELL BANKER MACMILLAN REALTY
BROKERAGE 905.862.0700

PelhamNEWS

Published by Sun Media Publishing Inc.

Hire... WITH CONFIDENCE!

#1 TOP PRODUCER - Royal LePage, Niagara (2013)
#1 TOP PRODUCER - Royal LePage, Frontenac
#1 TOP PRODUCER - Royal LePage, Ontario (2013)
#1 TOP PRODUCER - Royal LePage, Canada (2013)

905.892.0222 info@royal.ca
905.321.2038 info@royal.ca
905.892.0222 info@royal.ca

ROYAL LEPAGE 100 YEARS SINCE 1914

Niagara Real Estate Centre, Brokerage
Cindy Raskob REAL REPRESENTATIVE

COMMUNITY: Family of two-year-old Welland boy needs your help

Caring for 'The Champ'

ALLAN BENNER
Pelham News Staff

Dylan Van Driel smiled for the first time a few months ago. It was a small step, but it was enough to give the two-year-old boy's family a reason to celebrate.

"It was exciting for us. He used to just be silent with no facial expressions," said Dylan's mother, Sonya. "We're pretty happy that he can smile and make happy noises."

The smiles and contented cooing sounds are comforting for the Welland boy's family — his parents Sonya and Scott, and his big sister Marika, 4.

"We know he can feel our love and respond back to us," Sonya said.

Dylan was diagnosed with vein of Galen malformation at three months old, a very rare and often deadly disorder that occurs within the circulatory

system of the brain.

"It causes severe brain damage," Sonya said.

Dylan's father calls him "The Champ," a title he has earned by overcoming huge challenges.

Most babies born with vein of Galen die at birth, and Dylan's physicians warned his parents that he likely wouldn't see his first birthday. But Dylan is still going strong, turning three years old in July.

Dylan is undergoing treatment for his condition called embolization, a procedure that reduce the flow of blood through the malformed vein. Sonya said physicians have corrected 90% of the malformation, but they're not sure if it will ever be cured completely. And the damage that has already occurred has left Dylan functioning at the level of a newborn.



SUBMITTED PHOTO

Dylan Van Driel gets a kiss on the cheek from his sister Marika. His family in organizing fundraising events in the months ahead to help cover the expense of caring for the severely disabled two-year-old.

See VAN DRIEL on Page 2

Debbie Pine
pinesold.com SALES REPRESENTATIVE

Office: 905-892-0222 • Sell: 905-321-2261 • debbiepine@royallepage.ca

**BUYING
OR SELLING**
Call Debbie and....



**A TOP 10 PRODUCER WITH
ROYAL LEPAGE NIAGARA**
Award Winning Service

ROYAL LEPAGE 100 YEARS SINCE 1914
Niagara Real Estate Centre, Brokerage
Independently Owned & Operated

UPFRONT

■ VAN DRIEL

Series of fundraising events in Pelham

From Page 1

Sonya said the prognosis for Dylan "is not great."

Doctors, she added, don't believe he will ever be able to walk or talk.

He also relies on a feeding tube for nourishment, unable to consume food orally.

Caring for a child with the Dylan's needs has been very difficult for the family.

Sonya said the family's faith has helped them cope with the challenges.

"Without God and the support of our Christian community of faith, we wouldn't be in very good shape after everything we've been through," she said.

Although Scott continues to earn a paycheck working with a directional boring company, Sonya quit her job as a bank teller to dedicate her time to caring for Dylan.

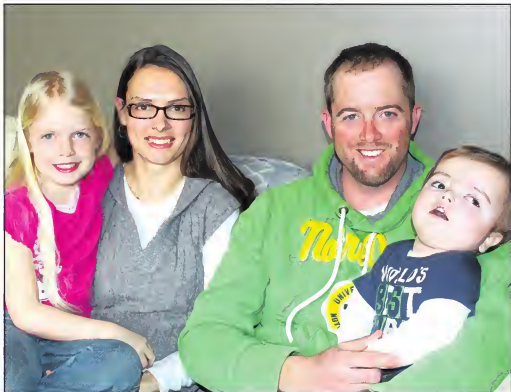
They were initially denied an application for Assistance for Children with Severe Disabilities funding because Scott's income was slightly above the limit.

"Everyone was so shocked," she said. "I applied again and was denied again."

She then appealed the provincial government's decision to deny the funding, and attended a social benefits tribunal.

"I stated my case and said, 'Can we look past the financial circumstance and look at our family's situation here?'"

It took a full year, but Sonya won the appeal. The family is now receiving a monthly allowance, as well



ALLAN BENNER/QMA AGENCY NAGARA

The Van Driel family, from left, Marika, Sonya, Scott and Dylan, are organizing fundraising events in the months ahead to help the family cope with the costs of caring for Dylan, who was diagnosed with vein Galen malformation.

as benefits including dental care and a drug plan.

But it really isn't enough to cover the costs of caring for Dylan.

"There comes a time when you have to decide if you want to stay quiet about

this and do the best you can and try to have a normal life," or reach out to the community.

"Sometimes it's a pride thing. It's not easy to say yes to people, you want to try and do it on your own,"

she said. "But why do it on your own and struggle when there are people out there who want to help?"

As people throughout the community have begun to learn about the challenges the family is coping with,

they've already seen a lot of generosity. For instance, she said parishioners from Bethany Christian Reformed Church recently returned from a trip to Honduras with a few hundred bottles of pure vanilla extract.

"It's kind of exciting, but I'm kind of overwhelmed too. It's still a little surreal."

They sold those bottles and donated the proceeds to the Van Driel family.

But the family is facing significant expenses in the months ahead, including a wheelchair accessible van and modifications to their Morwood Ave. home — costs they cannot afford without help.

Working with a team of family and friends, the Van Driels have organized a series of fundraising events, including a craft, plant and bake sale at Bethany church, 1040 Balfour Rd., Fenwick, on May 3 from 9 a.m. to 2 p.m., as well as a golf tournament at Sparrow Lakes on June 7, a pork roast on Aug. 9, and a Fun-Run in Fonthill on Sept. 20.

In addition, Sonya has written a cook book including 119 recipes contributed by herself and other talented cooks. She said that book should be ready in time for the craft show.

The family is also setting up a website to help promote upcoming fundraising efforts. Sonya said it should be up and running by the end of this week at www.wheelsforvandriels.com.

It's a lot of work for the family, but people are "really responding," Sonya said.

"It's kind of exciting, but I'm kind of overwhelmed too. It's still a little surreal."

The family can be contacted by sending e-mail to sonyavandriel@gmail.com.

allan.benner@sunmedia.ca
Twitter: @benner1

Lampman
Funeral Home

724 CANBORO ROAD
FENWICK (905) 892-4701

Our Family Serving Your Family
For Over 100 Years
since 1911



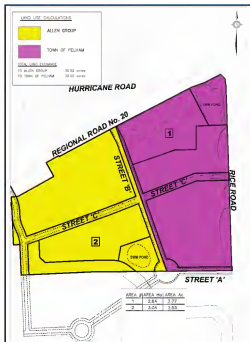
Irvine Muir

Terry Mikolasek



Wheelchair
Accessible

LOCAL NEWS



Area 1 has been sold by the Town of Pelham for \$2.9 million, providing it yield a medical complex and retirement community.

■ REAL ESTATE

Pelham sells Hwy. 20 land for \$2.9M

MELISSA MANGELSEN
Pelham News Staff

A huge chunk of property at Hwy. 20 and Rice Rd. has been sold by the Town of Pelham for \$2.9 million, on the condition it produces a medical complex and retirement community within five years.

The agreement approved by town councillors this week, and which follows about one and a half years of closed discussions, applies to 7.7 acres of land.

The agreement with Fonthill Gardens, a company owned by Toronto developer David Allen, will allow the

development to move forward with the construction of the Fonthill Health Centre by Dr. David Boushy plus a retirement home operated by Baybridge Seniors Housing.

The deal gives Fonthill Gardens a year to start construction after receiving planning approvals. Work is expected to begin in 2015.

"The sale price of the property is \$375,000 per acre, plus the cost of services, which includes any roads or sidewalks," said Mayor Dave Augustyn.

"The agreement protects the town from the use of the land for anything other than

a medical centre and retirement home as well as from overpayments from the town or the developer."

Augustyn said town staff and councillors have worked diligently to insure the east Fonthill development will be a good one for the town. The town is only selling the land on the conditions that the property be used for the good of the community.

"The town has approval over any other uses of the land as we see fit. So maybe a coffee shop or pharmacy would be a good fit in that area," he said.

This was the next step in the

east Fonthill draft master plan that came before council in late February.

"We've been in talks with David Allen for a year and a half now, this is the next step so he can move forward with his development," said Augustyn.

"Council wants to ensure that this development is a link to the existing downtown that allows us to keep our small-town feel."

If plans fall through, the land will revert back to the town in five years.

melissa.mangelsen@sunmedia.ca
Twitter: @bunemelissa



Closing the deal
for buyers and sellers
for over 10 years!

Call or Text
905.988.7778

COLDWELL BANKER

MEMORIAL REALTY INCORPORATED
Office: 905-982-0700
Connie.Mulvihill@coldwellbanker.com

saveONenergy COUPON EVENT

DO YOU Like to Save?

Stop by and see us on these dates and locations.

Get your coupons and receive a free gift.*

*while supplies last.

Saturday, March 29
10am to 5pm
Home Hardware
4992 King Street
Beamsville

Friday, April 4
11am to 7pm
Canadian Tire
6840 McLeod Road
Niagara Falls

Saturday, April 5
9am to 5pm
Home Depot
7070 Morrison Street
Niagara Falls

Saturday, April 26
9am to 5pm
Home Hardware
2046 Industrial Park Dr.
Smithville

Visit www.npei.ca/coupons and download your coupons today!

facebook.com/npeihydro
Twitter @npeihydro

niagara peninsula energy inc.

Healthy + Happy

The Laughing Buddha Family Wellness Program

An 8 week program exploring the skills and tools necessary to build healthy, strong and happy families

Classes begin
Tuesday April 1st
@ the Welland
Wellness Complex

Call today to inquire
289.821.6537

Nutrition
Smart Love
Time Management

Financial Health
The Peaceful Home
Positive Parenting
Healthy Kids

www.laughingbuddha.ca

What type of growth for Pelham?

MAYOR DAVE AUGUSTYN

As I have written about before, Pelham has a few lands available for new growth — the largest being the east Fonthill area.

While much of the nearly 180 hectares of east Fonthill lands have been farmed for years, the entire area was added to the urban boundary by an appeal to the Ontario Municipal Board (OMB) in 2000.

Recent questions in local media about whether property owners should be allowed to develop on those lands would have been asked and answered during the OMB's weeks of hearings nearly 15 years ago.

When the OMB gave those approvals back then, one thing became inevitable — growth would occur in Pelham.

What wasn't inevitable was the type

of development — how it looked, how it felt, how many people living and working in the areas.

The OMB's east Fonthill decision, for example, required the town to undertake a more detailed planning process — a secondary plan — before allowing development to proceed.

The town started to carefully develop the plan in 2001; this included significant public sessions and hearings. The community wanted east Fonthill to include "... a full range and mix of housing types, a linked open space network that includes a variety of types of public parks ... protection of existing environmental features, and the community structure ... [to] maximize connectivity within the community itself and to the town centre."

More recent additions to the plan

include "walkability and cyclability," the potential for community facilities, and the protection of the recently revitalized Fonthill downtown.

After working diligently for many years, town council approved such a plan in April 2012. After Niagara Region approved it in October 2012, it was appealed to the OMB. Those small issues were settled in October 2013 and the OMB approved the plan on Jan. 30, 2014, making the plan a reality.

What's next? Other public planning approvals — a draft site master plan, zoning, site plans, neighbourhood plans — are required before finalizing development and shovels hit the ground.

And council wants your help on these next phases of deciding the type of development.

As I wrote about last month, with the help of nationally-recognized urban designers and planners, council developed a draft site master plan for the commercial/mixed use area of east Fonthill (the northern part along Regional Rd. 20). We are seeking your feedback on that draft plan. Did we get it right? Have we reflected the wishes on the community on the type of development? What can we do to make it even better?

Please help council improve these plans and ultimately the type of development that will occur in Pelham. Only with your help can we fulfill one of our major strategic goals: Maintain our small-town feel as we grow.

You may contact Mayor Dave Augustyn at mayordave@pelham.ca or read past columns at www.pelhammayoradave.blogspot.com. Please review the east Fonthill draft master plan and other documents at www.pelham.ca/east-fonthill.

Less than meets the eye

JEEVA SAM
 For Pelham News

One morning as I was chauffeuring Her Royal Highness Sulojana, the queen of our casa to work, I turned left on to St. Catharines' Niagara St. from Carlton as we do most mornings. That's when my heart skipped a beat.

We were already running late. Now a traffic slowdown. Correction. A total stop. Period. No movement.

Of course, the brain immediately went to work and started replaying video clips from similar stoppages in the past — the accident that resulted in freeway traffic being diverted onto this same Niagara St., malfunctioning traffic lights that instantly transformed the next intersection into a four-way stop — to name a couple.

The SUV in front of us made it impossible to see how many vehicles were ahead of our now seemingly low-to-the-ground sedan. If traffic was backed

up all the way to the lights, that could be as many as 15. At the conservative rate of 22.4 seconds delay per vehicle waiting for others at the newly-created four-way stop, that could add a whopping 5.5 minutes to our trip. At this rate, she will be 12.7 minutes late — perish the thought.

Even if we were only increased traffic from the freeway, we could still be waiting for two light changes or 3.6 minutes. That still translates to an 11-minutes-late entrance. Ego!

And then the unthinkable happened. We started moving. Nigh the speed limit. We hadn't even prayed for a miracle and the stoppage was gone, just like that. Wow!

Turns out one of the cars ahead of us wanted to turn left onto a side street. There was a steady stream of vehicles coming the opposite way. All must have been in an awful hurry, because no one wanted to slow down and let this poor soul make her turn, until, finally,

someone with a good heart and an extra 11.3 seconds to spare stopped. Problem solved. Now we would only be 8.6 minutes late. Praise God.

Have you ever been tempted to exaggerate the size of the problems you face and make mountains out of molehills?

A faint pain in the chest triggers fears of a heart attack. A delay in receiving a cheque induces anxiety about impending bankruptcy. One complaint that someone filed against you makes you wonder whether you'll lose your job. Get the picture?

Satan is a master at making our problems appear much bigger than they really are. Over the years I have heard many Christians say that the enemy is a lion who is waiting to devour us.

Yet, here is the actual quote: "Your enemy the devil prowls around like a roaring lion, looking for someone to devour" (1 Peter 5:8)

Like a roaring lion. Not a real lion. He is a mouth that roars like a lion. His roar is worse than his gore. He wants you to respond with fear and anxiety, even when there is no need for it.

Jesus was never intimidated by a demon-possessed person. Whether they were foaming at the mouth, cutting themselves with stones, gnashing their teeth or convulsing, his response was always the same: "Come out!" Exit demon. Every time. Not exactly leonine behaviour.

When their boat was rocked by a raging storm and the disciples turned into screaming scarey-cats, Jesus does not give in to their fear. He commands: "Peace, be still!" And the monstrous waves morphs into a purring pussycat.

Dear friend, beware of the enemy's fear-inducing, anxiety-arousing tactics. Call his bluff. And you, too, will discover as Sulojana and I have often, that there is less than meets the eye.

COMMENT

Afghanistan mission: Saluting the bravery of our soldiers

It's understandable that much discussion and debate will continue about Canada's mission in Afghanistan.

The 12-year campaign, which officially wrapped up last week, was Canada's largest military deployment since the Second World War.

Was it a success? Did we accomplish our goals? Will our development projects like building schools, health clinics and an irrigation system be sustained? Was Afghanistan on the path to stability? Was it worth it?

So many questions and, depending upon who is offering their views, a wide range of answers.

But as the last of Canada's troops arrived in Ottawa on Tuesday, one area we can all agree upon is saluting the bravery of our troops and recognizing the sacrifice of their families.

We remember the 158 soldiers who died during the mission and honour the thousands more who returned from the war-torn country, many with physical wounds and mental scars.

Four men with Niagara connections paid the ultimate price:

— Cpl. Robert Mitchell, a member of the Royal Canadian Dragoons and a former Niagara Falls resident, was killed Oct. 3, 2006 in an attack just west of Kandahar City as he provided security for a construction project. He was 32.

— Royal Canadian Regiment Cpl. Albert Storm, of Fort Erie, was killed Nov. 27, 2006 by a suicide bomber attack near Kandahar. He was 36.

— Warrant Officer Dennis Brown, a reservist with the Lincoln and Welland Regiment in St. Catharines, was killed March 3, 2009 when the

armoured vehicle he was travelling in was struck by a roadside bomb northwest of Kandahar. He was 38.

Royal Canadian Regiment Cpl. Tyler Crooks, of Port Colborne, died in an explosion March 20, 2009 during a morning foot patrol. He was 24.

They left behind devastated family and friends, and a mourning nation.

They are heroes and deserve our recognition.

While questions remain about the future of Afghanistan, uncertainty also surrounds the many Canadian soldiers who have returned home.

The government's ability to help military personnel with combat-related mental illness has come under scrutiny during the course of the Afghanistan mission. A continuing issue has been a shortage of mental-health professionals to provide support to soldiers.

And while the military ombudsman's office says Ottawa has made improvements and investments into the services it offers, it is still falling short.

As well, Veterans Ombudsman Guy Parent issued a report last year showing that many veterans, especially those who were permanently disabled in combat, are not receiving adequate

benefits from the government.

We ask a lot of our soldiers when we send them into dangerous places like Afghanistan.

We owe it to them to provide the best services possible in all aspects of their lives.

steven.gallagher@summedia.ca
Twitter: @SteveGMedia

CREATING BEAUTIFUL SMILES IN THE NIAGARA REGION



kamatovicortho.com • (905) 356-7919

LET'S ALL DO OUR PART!
PLEASE RECYCLE THIS NEWSPAPER



Save a Tree!



Please
RECYCLE
your paper!

Dr. Kimberly Dobson



SMILES WITH CARE

*Book for a new patient exam
and cleaning in the month
of March and receive a*

FREE ELECTRIC TOOTHBRUSH.

CALL TODAY TO BOOK YOUR APPOINTMENT

905-892-0004

20 HWY 20, UNIT 13,

FONTHILL (In the Fonthill Plaza)

Visit us on line at www.dentistryinthevillage.ca



Zoom!

**We Now Offer ZOOM In
Office Whitening System**

CREATING JOBS AND OPPORTUNITIES

ECONOMIC ACTION PLAN 2014

works by controlling spending and putting Canada on the road to balanced budgets in 2015.

Balancing the budget protects our economy and keeps it strong. Economic Action Plan 2014* includes proposed investments in things that matter to Canadians like:

- Enhanced broadband Internet service for rural and Northern Canadians
- A new Search and Rescue Volunteers Tax Credit
- The New Horizons for Seniors Program
- New measures to support apprentices in the trades
- Improved and expanded snowmobile and recreational trails across the country
- \$500 million to support innovation and jobs in Canada's economically important auto sector

*subject to Parliamentary approval



Canada

Find out more about how Economic Action Plan 2014
can help you at ActionPlan.gc.ca

LOCAL NEWS

■ ARTIST PROFILE: Pett exposes secret world



MELISSA MANGELSON/PELHAM NEWS STAFF

Edie Pett will be displaying her artwork for the first time at the Pelham Art Festival this year. Pett uses encaustics, which is an ancient method of painting with melted beeswax. The Pelham artist uses mainly bark as her canvases.

Finding inspiration from nature

MELISSA MANGELSON
Pelham News Staff

Nature is all around. It has the ability to heal, comfort and inspire.

Pelham artist Edie Pett's artwork is driven by the power of nature.

"My earliest experience was one of being filled with wonder in nature and with all my passion I wanted to express this wonderful secret world," Pett said.

She uses an ancient method of painting with melted beeswax, plant resins and pigments called encaustics.

"From the first moment I worked with beeswax I fell in love with this medium," she said. "It completely swept me away. It's such an amazing medium to work with and it smells amazing."

It takes 12 million to 20 million flower visits for the honeybees to make one pound of wax.

"The elements combine in the beeswax and I work with the elements to create a one-of-a-kind piece that reunites us with our ancient and eternal relationship with nature," she said.

Her canvases are bark that she gathers from various hiking trips around the world and she includes crystals and gem stones to add to her work's uniqueness.

For the past 30 years, Pett has worked in the realm of natural healing. She uses a variety of approaches including iridology, German new medicine education, aromatherapy, nutritional, herbal and homeopathic protocols as well as detoxification and promotes healthy lifestyle choices.

She is a certified aromatherapist, chiropractor and naturopath doctor.

"I'm able to take the things I've learned as a naturopath doctor and implement them into my artwork. All art has healing ability, but using the crystals adds the energy to the pieces," said Pett.

She has attended most of the Pelham

Art Festivals in the past, but this is her first time having work on display.

"I've been to a lot of the past festivals to support local arts," she said.

Pett has about 12 pieces of art displayed in her home that were purchased at the festival.

"I love to support local artists. They need all the help they can get, especially if they're trying to make a living from it."

She hasn't displayed her art in many places in the past and doesn't plan to do a lot of festivals, but the Pelham Art Festival was the one that she wanted to participate in.

"I just started painting again a couple of years ago, so it's kind of new to me. I'm excited to have my art shown at the festival. It should be interesting to hear the feedback and I'm expecting a lot of questions about my art because not a lot of people use encaustics," she said.

Pett enjoys the feedback she receives from people who have purchased her work.

"It's a precious feeling to know that people have your work on display in their homes that they can look at and enjoy all the time."

She is looking forward to the art festival experience of meeting new artists, learning from them and finding inspiration in other art.

"I think this festival is incredible. It's run by a dedicated bunch of volunteers and we're really fortunate to have this festival, as well as so many talented artists in the area," she said.

The Pelham Art Festival — as always — will run Mother's Day weekend, May 9, 10 and 11, at Pelham Arena on Hales St.

For more information visit www.pelhamartfestival.com.

melissa.mangelson@sunmedia.ca
Twitter: @rbumelissa

LASIK
provision

1-888-510-2020
905-371-3217
www.lasikprovision.com
6800 Morrison Street, Niagara Falls, Ontario



LOG CABIN

189 Hwy 20 West Fonthill 905-892-3997
www.theloggabin.ca

pelham.ca | 20 Pelham Town Square, PO Box 400, Fonthill, ON | 905-892-2607 | 905-892-5055

RECREATION PROGRAMS & CLASSES

Zumba Fitness @ Pelham Arena

Tuesday Apr 1 7:00 pm - 8:00 pm
Thursday Apr 3 9:30 am - 10:30 am

Drop in and try any session for \$6 or purchase your 10 + 2 bonus passes for \$60. For more information on any of the Zumba classes, please contact (905) 892-2607 ext. 329.

Walking Club - Everyone is welcome! - Apr 1 and Apr 3

Interested in walking in Pelham? Interested in joining a Walking Club? Then join us Tuesdays at Pelham Arena from 9-10 am and Thursdays at Fonthill Bandshell from 9-10:30 am. For more information, please contact (905) 892-2607 ext. 329.

Arena Programs - The Pelham Arena Season will finish on Monday, March 31, 2014 - We hope you have had a great year & we look forward to seeing you again in the fall!

Public Skating

Friday Mar 28 - 8:00 - 9:30 pm
Sunday Mar 30 - 1:00 - 2:20 pm

"Get Active for Life" Join us at a park near you! Participation is at no charge, but we do require a registration form be submitted.

	Monday	Tuesday	Wednesday	Thursday	Friday
10:00 - 11:00 am	Peace Park (Nordic Walking) (Poles available for use.)	Woodstream Park (Walking)	Peace Park (Walking)	Woodstream Park (Walking)	Cherry Ridge Park (Walking)
6:00 - 7:00 pm	Cherry Ridge Park (Walking)	Peace Park (Walking)	Pelham Arena (Walking)	Woodstream Park (Walking)	

For more information, please visit pelham.ca or contact jcook@pelham.ca or call 905-892-2607 ext. 329.

COMMUNITY EVENTS & NEWS

NOTICE OF JOINT MEETING of Town Council, the Pelham Library Board and Friends of Maple Acre Library - Wednesday, April 9, 2014 at 6:00 pm at Fire Station #2 (766 Welland Road, Fenwick). Visit pelham.ca/calendar for details.

Sneak It In Week 2014 - Get ready to strap on your sneakers and head outside because Town Council has officially proclaimed April 7 - 11, 2014 as "Sneak It In Week" across Pelham. Sneak It In Week aims to get Canadians to "sneak in" a workout during their busy workday. Contact juddell@pelham.ca for information.

Pelham Municipal Heritage Committee - Call for Members! We're seeking interested residents to join our committee. Visit pelham.ca or Town Hall (20 Pelham Town Square, Fonthill) to apply before Tuesday, April 1, 2014. Contact 905-892-2607 ext. 315 or pbuzzato@pelham.ca for information.

Come Join Pelham's 2014 Heritage Tea Committee! We are eager to have you share your talents and help us plan our annual Heritage Tea Celebration happening on Saturday, June 28, 2014. If interested, please contact 905-892-2607 ext. 312.

Summerfest Vendor Applications - It's time to start planning to "Chill on the Hill"! Vendor applications for Pelham Summerfest are now available on pelhamsummerfest.ca.

Pelham Mayor's Gala Tickets Now Available - On Saturday, May 24th, 2014, Mayor Dave Augustyn and community volunteers will host the Sixth Annual Pelham Mayor's Gala at Lookout Point Golf & Country Club. Tickets are "NOW" available and sell out fast! Individual tickets are available for purchase at \$135 each. Partnerships are also available through the "NEW" Mayor's Gala Champions Program. Please contact 905-892-2607 ext. 337 or mbscher@pelham.ca.

COMMUNITIES IN BLOOM - SPRING GARDENING SERIES WITH KARIN VERMEER

March 27 Topic: "What/how/when to prepare my garden for Spring?" Venue: Vermeer's Garden Ctr.	April 10 Topic: "Start Your Garden from Scratch" Venue: Vermeer's Garden Centre	April 24 Topic: "Unusual Gardening" Venue: Vermeer's Garden Centre	May 8 Topic: "Container Gardening with Q & A" Venue: Cafe on Main

Come join us Thursdays at 7:00 pm. Only \$5.00 per session or \$15.00 for 4 sessions!

Registration and payment required in advance. Please contact the Town of Pelham at 905-892-2607, ext. 329 or jcook@pelham.ca.

Pelham • Vibrant • Creative • Caring



LOCAL NEWS

■ **BUSINESS:** Company purchases Cataract Rd. greenhouse

Rosa Flora snaps back after fire

MARYANNE FIRTH
Pelham News Staff

After a devastating fire tore through its greenhouses, Rosa Flora Ltd. is ready to blossom again.

In an effort to recoup its production destroyed in the multi-million-dollar blaze on March 6, the Dunnville company recently finalized a deal to purchase Peter Bulk Greenhouses, an 8,361-square-metre snapdragon operation on Cataract Rd. on the outskirts of Welland.

Rosa Flora's snapdragons were significantly impacted by the fire and the new acquisition will only return the company to 20% of its original production, said co-owner Josh Bulk.

But plans, he said, are underway to rebuild the Dunnville facil-

ity and hopes are to have production back to 70%, equalling close to three hectares, by the end of June.

Cleanup is underway at the site of the fire and infrastructure that was spared is now being used to get snapdragons growing again on Dilitz Rd.

The acquisition, for which an amount has not been disclosed, will allow Rosa Flora to begin shipping out the colourful flowers as soon as Monday, Bulk said. The Welland operation is also growing viburnum, peonies and lilies in smaller quantities.

Rosa Flora has worked in partnership with Peter Bulk in the past.

Peter, who is intending to retire, is the cousin of Rose Flora founder Otto Bulk, Josh Bulk said.

The four employees who work at the Cataract Rd. greenhouse will be retained under the new agreement.

Bulk said Rosa Flora, the largest gerbera grower in North America, would love to get back to its pre-fire size, but only time will tell how quickly that will happen.

The cause of the fire, which is under investigation by the Office of the Fire Marshal, is still undetermined, Bulk said.

"We would love to know exactly what do to do prevent it from happening again," he said.

In rebuilding the new facility, "we'll definitely be making some changes," he said, although details have not yet been finalized.

maryanne.firth@summedia.ca
Twitter: @mfirth13June



ELMA DEONENIS/SUPPLIED PHOTO

Rosa Flora co-owner Josh Bulk stands among rows of snapdragons. The Dunnville company, recovering from a multimillion-dollar fire, recently acquired Peter Bulk Greenhouses on the outskirts of Welland to assist with its lost snapdragon production.

SAY GOODBYE TO...

Your Unwanted Hair With

LASER HAIR REMOVAL

3 Treatments For Only \$99+HST

Choose one from the following:

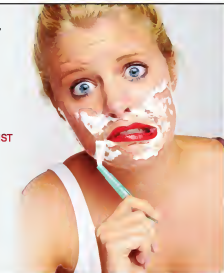
- Upper Lip
- Bikini Line
- Chin
- Neck
- Cheeks
- Underarms

Reg Price \$70 • \$100 per treatment

Hair Removal Treatment for the top of feet and Toes included
FREE with each \$99 package



Director of Aesthetic Services
Celebrating over 20,000 procedures



lasikprovision.com 6800 Morrison St.
905.371.3217 or 1.888.510.2020

Lynne's Tax Service

Owned by Lynda Cook

Tax Return Preparation

Accurate, E-File and Comparable Rates

Lynda Cook – 30 years experience in the area

New Clients Always Welcome

Call Lynda at

905 732 9622

or e-mail at lynne'staxservice@hotmail.com

LOCAL NEWS

■ PUPPY CAM

Adoption requests flood in for puppies

More than 20,000 international viewers tuned in

MARYANNE FIRTH
InPort News Staff

These dogs certainly had their day — or two.

The 10 rescued pups at Welland and District Humane Society drew international attention while starring in *The Tribune's* live stream last Thursday and Friday.

More than 20,000 people — some tuning in from as far away as Norway, Australia, India and Mexico — racked up 4,200 viewer hours watching the six-week-old furballs go about their day.

"I think productivity may have gone down at a few businesses the last few days," humane society executive director John Greer said with a laugh.

As news spread about the lab and border collie crosses, who were rescued right after birth alongside their mother, interest continued to grow in finding them suitable homes.

Though adoption applications won't be accepted until next week, the shelter was flooded with calls and e-mails the past two days from people hoping to spend their furry families.

"The amount of e-mails we've received has quadrupled," Greer said, and the phone "has been ringing non-

stop."

"People have been calling from all over, from as far as Woodstock, Guelph, to adopt."

Visitors also stopped by the shelter hoping to catch a glimpse of the tiny web stars — some even unsuccessfully bringing sweet treats for staff who hopes rules could be waived and early adoption arranged.

Information was gathered from all those inquiring and the application process began this week.

"We'll find what we consider the best possible match," Greer said.

"It's first come, first served, most appropriate."

Greer encouraged those who aren't selected for a pup to instead look at the shelter's other dogs.

"We have plenty of other animals that would make great pets as well," he said.

Not only did hundreds of people inquire about the pups, several have also shown interest in either fostering or adopting the mother, Sarah. As she has tested heartworm positive, she's expected to be fostered until her treatment is complete.

maryanne.firth@summedia.ca
Twitter: @mfirthTribune.ca



MARYANNE FIRTH/PELHAM NEWS STAFF

Thousands of people were glued to their computer screens Thursday and Friday watching *The Tribune's* Puppy Cam Niagara. For two days, the actions of 10 puppies were live streamed from Welland and District Humane Society.



LIKE US ON
FACEBOOK
facebook.com/
PelhamNews



Beat the temptation.

smokers'HELPLINE
CANADIAN CANCER SOCIETY

TOLL-FREE

1-877-513-5333



Richard
Brown
SALES REPRESENTATIVE

ROYAL LePAGE

Niagara Real Estate Centre Inc., Brockville

Office: 905-892-0222

Cell: 905-651-5143

rbrown@royallepage.ca

www.homesniagara.com

637 Niagara St., Unit #2

Welland, Ontario

"Selling Throughout Niagara"



RBC Financial Planning



Ian McCall, PFP
Financial Planner
289-213-3779
ian.mccall@rbcc.com

Define Retirement Your Way.
Start the Conversation Today.

Advice you can bank on™

Financial planning services and investment advice are provided by Royal Mutual Funds Inc. (RMFI), RMPF, RBC Global Asset Management Inc., Royal Bank of Canada, Royal Trust Corporation of Canada and The Royal Trust Company are separate corporate entities which are affiliated. RMFI is licensed as a financial services firm in the province of Quebec.
© 1997 trademarks of Royal Bank of Canada, RBC and Royal Bank are registered trademarks of Royal Bank of Canada, 57071-1 Royal Bank of Canada, Used under license.



We'll give you something to
SMILE about!

- Full & Family Dentists • Emergencies & House Calls
- Free Consultation • Upper & Lower Dentures
- Same Day Repairs & Balance Service Available

188-A West St. Port Colborne

905-835-2155

Norbert Gieger

**WHEN IT'S THE HEAT. AND THE HUMIDITY.
REGAIN YOUR CDDL WITH VA HOFFMAN
PLUMBING, HEATING & SHEET METAL.**



RECEIVE **\$1,300** REBATE*

plus up to a **\$100 iHermony™ add-on***
with the purchase of a qualifying Lennox® system

UP TO \$650 IN HEATING AND COOLING INCENTIVES:

\$10 OFF A COOLING TUNE-UP!



VA Hoffman
Plumbing Heating & Sheet Metal
 393 Killaly St. E., Port Colborne, ON L3K 1P6
905-834-3783

OFFER EXPIRES 6/13/2016

*Rebate offer is valid only with the purchase of qualifying Lennox products. System rebate offers range from \$500 - \$1,700. *Visit www.seeanac.com for more information on the application process and list of qualifying heating and cooling equipment. **See your participating Lennox dealer for details. Lennox dealers include independently owned and controlled businesses. © 2004 Lennox Industries, Inc.

LOCAL NEWS

■ LANDSCAPING

Garden tips offered

With spring weather on its way, Karin Vermeer will share some of her tips about gardening.

Working with Pelham's Communities in Bloom committee, the gardening guru is presenting a spring gardening series to help people make the most of their backyards.

This Thursday Vermeer will advise people about when to prepare their gardens in the spring; on April 10, she will discuss the starting seeds and plant propagation; April 24, unusual gardening will be dis-

cussed; and on May 8, Vermeer will discuss container gardening.

All sessions start at 7 p.m., and cost \$5 each, or \$15 for all four. The first three sessions will take place at Vermeer Garden Centre and Flower Shop at 684 South Pelham Rd., Welland, but the final session on May 8 will be held at Cafe on Main, 1455 Pelham St., Pelham.

To register in advance, call the Town of Pelham at 905-892-2607 ext. 329; or send e-mail to icook@pelham.ca.



**LIKE US ON
FACEBOOK**
facebook.com/
PelhamNews

[illegible]

■ **WRESTLING:** 5-0 record gives Cyclone wrestler Keagin Collie gold medal at OFSSAA

resting whirlwind

BEYOND FRANKIE

Pelham News Staff

Keagin Collie is only 16 years old, but the gold medal she won at the Ontario high school wrestling championships can be considered a lifetime achievement award.

The Grade 11 student at E.L. Crossley Secondary School and twin brother Koldin have a hard time remembering when grappling didn't have a hold on them. Their father, Dave, is the longtime wrestling coach at Bramsville District Secondary School and their extending wrestling family includes one of his former students, three-time Olympic medalist Tonya Verbeek.

Collie, who also excels at soccer and has accepted an athletic scholarship to play soccer at University of Dayton, said while some people were "shocked" to find out she wrestling, the sport has been a way of life, "practically my whole life."

"I've always been around wrestling,"

She said being the daughter of an accomplished coach and being able to train with Verbeek and other wrestlers at Brock University contributed immeasurably to her 5-0 record at the Ontario Federation of School Athletic Associations (OFSSAA) championships earlier this month in Brampton.

"I had a female figure in front of me. Training at Brock really helped me," said Collie, whose father is an assistant wrestling coach at Brock.

Though she also advanced to OFSSAA in her first year in high school, Collie is very much the student whenever she has trained with Verbeek.

"No way you'll beat her, she's way better than me," Collie said, laughing at the

idea of besting someone who has won two silver and two bronze medals for Canada at three Olympics.

Collie almost had to settle for silver at the provincials when her opponent in the final, Theresa El-Lati of elite secondaire publique Louis Riel in Ottawa, nullified Collie's greatest strength by taking away the headlock.

"She must have studied me, because she took away my moves," said Collie, who was trailing by two points with 10 seconds remaining in the gold medal match.

She abandoned a cautious fight plan at the end by taking a risk and opening up and scoring a double. The Crossley student grabbed El-Lati's legs and took her out of bounds to score four points — and the win.

"It was almost like a football tackle," The OFSSAA gold was bittersweet to Collie. Tempering her elation over her first-place finish was the disappointment that her twin brother was unable to medal.

At Brampton, Koldin Collie, underweight and still feeling under the weather, was eliminated in the 89-kg division by the eventual gold medalist, a wrestler he had already between three times since the beginning of the season.

"It really sucked that he couldn't do it."

Being able to wrestle has helped Collie on the soccer pitch, while player coach has helped her on the mat.

"Wrestling gives you a lot of body awareness, and soccer's speed contributes to wrestling. I like both equally."

A travel player in the Burlington Bayhawks elite program, Collie said she

focused on soccer taking her to the next level since NCAA scholarships aren't offered to female wrestlers.

She ranks "game awareness" from the centre position as her greatest strength as a soccer player. "I can see the field really well,"

said Collie, who intends to major in health sciences at the Ohio university.

Thanks to her experience as a wrestler, she can also be "really physical" when pushing for a loose ball comes to shove.

However, high school wres-

ting's golden girl doesn't anticipate getting too many red cards playing soccer in university.

"It's not like I'm going to double people on the soccer field," she said with a laugh.

beard.frankie@sunmedia.ca

2 for 1 Admission

This pass will allow 2 adults admission to the Home Show for the price of one.

Come enjoy the 27th Annual Niagara Lifestyle Home Show April 4, 5 & 6 at the Seymour Hannah Sportplex,

240 St. Paul St. W., St. Catharines!

(Maximum discount 1% and not valid in conjunction with any other promotional offers.)

You will see

Enter To Win
a '2800 electric bike
courtesy of
GoGreen Cycles!

• Hundreds of new products and services for your home

• Terrific, one time Home Show Specials

Regular Admission 15% Children 12 & under FREE

Show Hours: Friday 1 to 8 • Saturday 10 to 5 • Sunday 10 to 5

*Great selection, great quality, great price - all under one roof - One stop shopping for quality

You'll see tonnes, granite countertops, bathroom renovations, Cages, decking, saunas, water conditioning, air conditioners, garage doors, window tinting, replacement windows and doors, rollers, insulators, builders, painters, flooring just to name a few! Before or after the show you can always contact exhibitors at virtuallhome.ca

Fibre Bell
Bell
Home Show
Sponsored by
The Home Depot

Home Show
Sponsored by
The Home Depot

Home Show
Sponsored by
The Home Depot

Home Show
Sponsored by
The Home Depot

Home Show
Sponsored by
The Home Depot

Home Show
Sponsored by
The Home Depot

Home Show
Sponsored by
The Home Depot

Home Show
Sponsored by
The Home Depot

Home Show
Sponsored by
The Home Depot

Home Show
Sponsored by
The Home Depot

Home Show
Sponsored by
The Home Depot

Home Show
Sponsored by
The Home Depot

Home Show
Sponsored by
The Home Depot

Home Show
Sponsored by
The Home Depot

Home Show
Sponsored by
The Home Depot

Home Show
Sponsored by
The Home Depot

Coming Soon

Three Days Only

Apr. 4 - 11 to 7 • Apr. 5 - 9 to 4

Apr. 6 - 9 to 4

GRAND RE-OPENING

A-1 Flooring Welland

New Area Rug Gallery

GRAND OPENING

A-1 Carpet Liquidations

(Located beside A-1 Flooring)

Don't Miss Our
INVENTORY CLEAR OUT

Hundreds of Carpet & Remnants 50% Off

Vinyl Flooring Starting at \$2.50/Sq. Ft.

Carpet Tile Starting at \$99/sq. ft.

Customer Appreciation & Business Card (on Saturday) 10% Off

Free
Puzzles and
give away

1/2 Sheet
Luxury Vinyl
Tiles and
Hardwood
Starting at
\$2.29/sq. ft.

Clear Out
Laminate
Hardwood
1/2 Off

Thank You for your support for over 42 years

SOMETHING FOR EVERYONE - COME ON DOWN AND CELEBRATE WITH US

WE MEASURE IT
WE INSTALL IT
WE GUARANTEE IT

A-1 FLOORING
WELLAND

6 Clark Street, Welland • 905.735.3223 • 1.800.827.4230
Financing Available - See Store for Details

Monday - Thursday 9am - 6pm
Friday 9am - 7pm • Saturday 9am - 4pm

Clark St.
Hwy 10
Hwy 10



BEYOND FRANKIE/STAFF PHOTO

E. Crossley Secondary School student Keagin Collie went 5-0 in the women's 64-kilogram division to win the gold medal at the Ontario Federation of School Athletic Associations wrestling championships in Brampton. She is shown displaying the medal Friday, March 21, 2014, at the high school in Fonthill, Ont.

LOCAL NEWS

■ **INDOOR ROWING:** 100-km ERG Challenge benefits Women's Place of South Niagara

Crossley crew sets world record for charity

BERND FRANK
Pelham News Staff

Ten lightweight female rowers at E.L. Crossley Secondary School didn't need any water to make a big splash for charity, and put their names in the record book.

The only water anywhere near an indoor rowing machine set up in the high school's cafeteria was in the liquids they downed to stay hydrated as each took her turn competing in the 100-kilometre ERG Challenge.

Their ambitious goal was to finish rowing 100 km in under 7 1/2

hours to break the world record associated with the Concept 2 ergometer. They did that with time to spare, their time of 6:54.12 shattering the previous mark of 7:22.4.

The Cyclone were all a little winded after the pain of all that straining, though not enough to prevent them from "cheering and jumping for joy" when the record was set.

All that adrenaline just kicked in. We were so happy that we did it," Grade 11 student Emily Mitchell said in between breaths.

But bragging rights was just

one aspect of Friday's fun fundraiser at the Fonthill high school. In addition to raising upwards of \$1,000 in donations for Women's Place of South Niagara, the Cyclone crew used the extra exercise as an exercise in team building.

"Rowing on the water is more social, so this makes erging more social," said Lizzie Fuller, a Grade 11 student.

Striving to set the record also was a confidence booster. Grade 12B student Carly Zanatta, who is in her final year of rowing at Crossley and will be attending a

U.S. university on a rowing scholarship, said some of her teammates sometimes doubt themselves and don't really appreciate what they're capable of accomplishing.

"I just wanted to do something to empower them. I hope this experience helps them realize the great potential they have".

Zanatta, who started off the relay by rowing 20 km, was on the machine when the challenge was met and the record broken. She would still be rowing on the ergometer if it were up to her.

"Most people dread the erg, but I love the erg. It gives me a sense of accomplishment because I'm good at it. I like doing what I can do well," said Zanatta, who like her Crossley challenge crewmates rows for South Niagara Rowing Club during the club season.

Crossley's lightweight women expect to follow by Monday how much they will have raised in support of an organization dedicated to providing a safe haven for

women and children escaping abusive situations. Classmates visited the rowers throughout the day to cheer on their progress and staff and students wore pink T-shirts to promote the event.

Jessica Rimar said John Ruscitti, Crossley's head rowing coach, and Darcy Osborne, the coach in charge of the women's team, were all for the initiative.

"Everybody has been very supportive," the Grade 11 student said.

Fuller said rowing shows that women don't necessarily have to be big in order to be strong.

"We're into ergs, so we're physically strong. Even though we're small, we can still be strong," she said.

Sarah Fuller, Grade 10; Naeem Majzoubi, Grade 12; Deyna McNeill, Grade 10; Kiera Partridge, Grade 10; Tia Rotundo, Grade 11; and Edith Turpel, Grade 10; also rowed in Friday's record-setting relay.

bernd.franke@sunmedia.ca

Niagara Neighbours Spring Specials

**\$39 Tickets
\$20 for Students**

ON SELECTED PERFORMANCES



Arms and the Man

by Bernard Shaw

Worlds collide with hilarious results when two opposing soldiers vie for one idealistic young woman's heart.

April 9 - 2pm
April 5, 7, 12, 19, June 26,
July 1 - 6pm



The Charity that Began at Home

by St. John Hankin

What do the world's most unpleasant people need? A weekend in the country! A delightful comic opus.

May 20, 31, June 1, 20 - 2pm
May 17, June 14, 21 - 6pm



The Philadelphia Story

by Philip Barry

Glamorous socialite Tracy Lord is tying the knot - if her dashing ex-husband and a handsome reporter don't undo it first!

July 6 - 2pm
May 28, 30, July 2, 3 - 8pm



The Sea

by Edward Bond

A seaside village has gone completely mad. From one of England's most radical playwrights.

June 14, 15 - 2pm
June 2, 28, July 10 - 6pm

**Book your tickets now!
Offer ends April 7**

QUOTE CODE 13973 TO BOOK

**See the award-winning musical
Cabaret - for only \$49**
May 17 - 6pm and May 30 - 2pm



eBonus! Book online and save on the handling fee. \$3.50 online, \$8.50 by phone.

Offer is based on availability, not applicable to previous purchases and cannot be used in conjunction with any other offer, suit seating, upgrade to Orchestra for \$100 ticket. Limit of six per production. Price does not include tax and \$2.00 cash CDF fee.

Sponsored by **REVIEW** **The Standard** **THE TRIBUNE**

Presented by **Sum Life Financial**

SHAWFEST.COM | 1.800.511.SHAW

Photo: Matt Gault for Emily Gault / Designer: Stephanie Gault

SHAW FESTIVAL 2014



BERND FRANK/STAFF PHOTO

E.L. Crossley Secondary School rowing team crewmates monitor Carly Zanatta's progress on an indoor rowing machine during the 100-kilometre Erg Challenge Friday, March 21, 2014, at the high school in Fonthill, Ont.

[illegible]

AT DAVID CHEVROLET BUICK GMC

IT'S ALL HERE!

RECEIVE 40¢ OFF / LTRS FOR 800 LTR OF FUEL FOR 1¢

GAS CARD

UP TO \$8,500 TO DEALER CASH

STUDENT BONUS CASH

UP TO \$750

CANADIAN FORCES ALLOWANCE

UP TO \$1,600 MORE TRUCK PKG. CREDIT

SEE DEALER FOR DETAILS

PLUS MAXIMUM DISCOUNTS

NEW ZERO% FINANCING / LEASING 84 MTH / 60 MTH

UP TO \$2,000 TO GM CARD ALLOWANCE

UP TO \$3,000 LOYALTY CREDITS ENDS MARCH 31, 2014

AWARD WINNING 2014 CHEVY CRUZE 1LT TURBO



FINANCING FROM

\$129 BI-WEEKLY 84 MTHS AT 0%**

LEASING FROM

\$117 BI-WEEKLY 48 MTHS AT 0%**

COME CHECK IT OUT!

BRAND NEW 2014

CHEVY TRAX LS

TRAX STANDARD FEATURES

* STABILITY TRAX WITH ABS, TRACTION CONTROL

- EXTERIOR**
- 16" STEEL
 - MIRRORS, OUTSIDE HEATED, POWER ADJUSTABLE, BODY COLOURED, MANUAL FOLDING
 - WIPERS, VARIABLE INTERMITTENT WITH WASHERS
 - ENHANCED ACOUSTIC INSULATION PACKAGE
- INTERIOR**
- PREMIUM CLOTH SEAT TRIM
 - 6-SPEAKER MANUAL DRIVER SEAT ADJUSTER
 - STEERING WHEEL CONTROLS, AUDIO AND PHONE INTERFACE
 - INSTRUMENTATION, DRIVER INFORMATION CENTRE
 - WINDOWS, POWER WITH EXPRESS-DOWN
 - LOCKS, POWER-INC. LOCKOUT PROTECTION
 - REMOTE KEYLESS ENTRY
 - CRUISE CONTROL
 - THEFT DETERRANT SYSTEM
 - CLIMATE CONTROL
 - DEFOGGER, REAR WINDOW
 - REMOTE STARTER
 - ASSIST HANDLES, OUTBOARD POSITIONS
 - POWER OUTLETS, 12V
- SAFETY**
- STABILITRAK, ELECTRONIC STABILITY CONTROL
 - TRACTION CONTROL, ELECTRONIC FULL-FUNCTION ALL-SPD
 - ONSTAR, 5 MONTHS OF THE DIRECTIONS AND CONNECTIONS PLAN WITH WITH TURN-BY-TURN NAVIGATION AND ONSTAR REMITELINK
 - CHILD SECURITY REAR DOOR LOCKS
 - CHILD SAFETY SEAT "LATCH" SYSTEM
 - INC. LOWER ANCHORS & TOP TETHERS FOR CHILDREN IN ALL REAR POSITIONS
 - TRUNK ENTRAPMENT RELEASE, INTERNAL
- MECHANICAL**
- ENGINE, ECOTEC TURBO 1.4L I4T
 - OMC 4-CYLINDER 6 SPEED AUTOMATIC TRANSMISSION
 - BRAKE SYSTEM, 4-WHEEL ANTI-LOCK FRONT DISC/REAR DRUM
- WARRANTY**
- BASIC 3 YEARS/60,000 KM
 - CORVETRAIN 5 YEARS/160,000 KM
 - ROADSIDE ASSISTANCE
 - 5 YEARS/160,000 KM

XM RADIO 3 MONTHS FREE

STK #24058

TAKE A TEST DRIVE!

\$137 BI-WEEKLY 84 MTHS AT 2.99%**

LEASING FROM

\$139 BI-WEEKLY 48 MTHS AT 0%**

UP TO \$0 MONEY DOWN COMPLIMENTARY OIL CHANGES 7 YEARS/40,000 KM

FINANCING FROM

UP TO

LOCAL NEWS

Be up to speed on local news 24/7



With The Tribune e-edition, you can read The Tribune online in its true printed format anywhere in the world.

The e-edition is enhanced with the latest digital tools, including RSS feeds, social networking, blogging and much more.

THE TRIBUNE **e**edition

\$3.99 **\$23.94** **\$47.88**
monthly rate 6 month rate yearly rate

To order your online subscription today, visit
Edition.wellandtribune.ca

Promo code: 2013\$3.99



■ **MUSIC FEST:** Event expands to two days, adds shows at Montebello Park



The Sheepdogs are among several headliners who play Montebello Park for this year's SCENE Music Festival.

SCENE Fest goes big time

JOHN LAW
QMI Agency Niagara

St. Catharines' SCENE Music Festival is going through a growth spurt for its 19th year.

One of southern Ontario's most renowned and respected music events is expanding into a two-day festival June 28 and 29, with several headline acts to play Montebello Park.

"It's the evolved version of SCENE," says festival co-ordinator Pat Murphy.

Montebello Park will replace Market Square as the main stage area, increasing capacity from 5,000 people to about 10,000. With the bigger space comes bigger performers — Marianas Trench, Matthew Good, The Sheepdogs, Monster Truck, The Arkells and Lights.

Murphy says he has discussed expanding the festival for the past few years with SCENE co-producers Jennifer Anderson and Steve Stumble. Last year's headliners Tokyo Police Club packed Market Square, and after Murphy watched local favourites City and Colour play to 20,000 people at Butler's Barracks in Niagara-on-the-

Lake last summer, he knew it was time to expand.

"It was a bit of a catalyst," he says. "To see that many people in Niagara for live music, it was very cool."

But Murphy is aware the change could rankle longtime SCENE fans.

The festival began in 1996 as the St. Catharines Event for New Music Entertainment. About 800 people saw a handful of bands in three downtown venues — it would soon expand into one of Canada's biggest one-day music fests. In recent years, it has averaged about 140 bands, ten venues and 6,000 people converging on downtown St. Catharines.

SCENE played a crucial role in helping bands like Billy Talent, Alexisonfire and Bedouin Soundclash get discovered. Artists interested in performing for this year's SCENE can apply via sonicbids.com by May 2. Tickets go on sale March 29, ranging from \$39.50 for a single day pass to \$119.50 for a VIP two-day pass. www.ticketfly.com

john.law@summedia.ca

COMMISSO'S
FRESH FOODS

NEW SPRING HOURS!

EFFECTIVE MARCH 28

MON-WED 7am-8pm • THUR & FRI 7am-9pm
SAT 7am-8pm • SUN 8am-7pm



Fresh Large Size
Cantaloupes
Product of Costa Rica

1/2 PRICE

1.99
each



NITRITE FREE
St. Francesco or Emma
Prosciutto di Parma
Fresh Deli Sliced

GLUTEN FREE

2.99
/100g



Real Prime
CANADA AAA BEEF
Fresh
**Top Sirloin
Oven Roast or
Grilling Steaks**
Family Pack

4.99
/lb
11.00/kg



Fresh
Asparagus
Product of Mexico

1/2 PRICE

.99
/lb
2.18/kg



**Pepsi,
Diet Pepsi
or 7up**

2.99
12x355ml

1/2 PRICE



**Beatrice
Milk**
2%, 1% or Skim

3.99
4L



SAVE \$8.00

Toppits
**Black Tiger
Cooked Shrimp**
CPTO 16/20 cmt

16.99
680g



**Maple Leaf Prime Air Chilled
Chicken Thighs or
Chicken Drumsticks**
Family Pack

1.99
/lb
4.39/kg



**Fresh Maple Leaf Prime
Air Chilled
Boneless Skinless
Chicken Breast**
Family Pack

4.99
/lb
11.00/kg



**Fresh Boneless
Regular, Extra Thick or Butterfly
Centre Cut
Pork Loin Chops**
Family Pack

3.99
/lb
8.80/kg



**Fresh Store Ground
Combination
Beef, Veal & Pork**
Family Pack

3.99
/lb
8.80/kg

Sale prices in effect Friday March 28 through Thursday April 3, 2014

FRI	SAT	SUN	MON	TUE	WED	THU
28	29	30	31	1	2	3

6161 Thorold Stone Rd., Niagara Falls, ON
Mon-Sat 7am-8pm • Sun 8am to 6pm

Want to see even more savings?
Visit CommissosFreshFoods.com
and click on the flyer icon to
see all of our weekly specials!



LOCAL NEWS

■ EDUCATION: Prom Project helps disadvantaged

JULIE JOCKBAK
QMI AGENCY NIAGARA
Jaclyn Tanguay,
left, interim event
co-ordinator, Mary
McCormick, mother
of Beth McCormick,
and Dara Goulet,
interim executive
director of the
Education
Foundation of
Niagara, with
some of the prom
dresses that are
available for
students who
cannot afford to
purchase an outfit
for the event.



Making graduating students pretty in pink

DON FRASER
QMI Agency Niagara

It made last year's elementary school grad's majestic one For Beth McCormick.

Dressed in dazzling, opal-coloured splendour, the Grade 8 Monsignor Clancy student was oh Cloud 9.

That, thanks to Prom Project Niagara, where dresses and suits are given free to students struggling to afford to out-

fit themselves for proms, graduations or formal events.

"I felt really pretty in that dress, and just loved having it on," said the Thorold resident.

"It was great they would offer something like that," she said. "I'd previously (shopped) for dresses and all were over \$100," she said, adding that a price range she couldn't afford.

Beth's mother Mary McCormick was wowed by the Education Foundation of Niagara program, now expanding its reach across the region for students.

"We were over the moon with their offerings, the sheer kindness, the care," said Beth's mother Mary McCormick. "There was no judgment, or any feeling this is a poverty thing."

Meanwhile, the foundation is readying for its annual Prom Project Niagara event on May 10, where the formal items will be distributed at five locations, with no registration needed.

While the foundation is a non-profit that works with the District School Board of Niagara, the prom initiative is open to all graduating students in the region.

Since 2009, items were distributed at Thorold Secondary School, with a small site added in Beamsville last year.

The May 10 from 9:30 a.m. to 1:30 p.m. is presented by PenFinancial Credit Union. This year, it will include high school sites at Thorold, Beamsville District, Centennial in Welland, Fort Erie and Niagara Falls' A.N. Myer.

"We want everyone to come who is in need," said Dara Goulet, the foundation executive director. "Last year, we had about 200 kids on the one Prom Project day."

Goulet said the latest expansion seeks to help those who might otherwise find it a challenge to make it to Thorold, to pick up the grad clothing and accessories.

The program also seeks gently-used and new items. "We're not asking for money, go through your closets for things you see you don't want to wear anymore," Goulet said.

"We take jewelry, shoes and ties, and have a huge need for guys' formal clothing... and updated ties," she said. "And we happily accept new donations from stores as well."

don.fraser@sunmedia.ca

FABRICLAND

www.fabriclandwestern.com

Home Décor Sale

**Thursday March 27
to Sunday March 30, 2014**

All in stock
**Drapery Fabrics
Outdoor Fabrics**

40% off

Our Regular Price

All in stock
**Ready Made
Drapery Panels, Cushion
Covers, Drapery Hardware**

50% off

Our Regular Price

All in stock
**Pillow Forms,
Fibre Foam,
Home Foam**

40% off

Our Regular Price

All in stock
**Quilting Fabrics
Sewies & Prints
Batting**

50% off

Our Regular Price

Special Selection
**Spring Fashion
Fabrics**

Buy 1 Metre at our regular price

**Get 2 Metres
FREE**

From Same Bolt

All in stock
**Threads, Buttons,
Zippers**

50% off

Our Regular Price

**NOW AVAILABLE AT
ALL LOCATIONS**

CUSTOM DRAPERY • SEE IN STORE FOR DETAILS

MOUNT CARMEL CENTRE
3770 Montrose Rd., Niagara Falls
354-7117

575 Welland Ave., St Catharines
685-6595
www.fabriclandwestern.com

Store Hours
Mon.-Fri. 9-9 • Sat 9-6 Sun.12-5
34 DOUGLAS AVE., Welland
734-3836

TEMPERATURES ARE FALLING

**CALL FOR A FREE ESTIMATE ON A
FURNACE & AIR CONDITIONING PACKAGE**



**WE SERVICE
ALL MAKES & MODELS**

- MAINTENANCE
- FURNACES
- AIR CONDITIONING

BOB REID
Heating & Air Conditioning
Residential - Commercial
905-892-7787

LOCAL NEWS

Legion of support for Pelham camp



SUPPLIED PHOTO
Rick Hatt of Royal Canadian Legion Branch 613 delivered a donation cheque to children who participated in the Town of Pelham's 2014 March break camp. The donation helps to cover the cost of a daily healthy lunch for the 49 camp participants.

www.dentistwelland.com
 167 Riverside Drive, Welland
905 734 9214

Besma Family Dental Centre
Dr. Rashid And Associates

HOSPITAL DENTAL CARE
 with General Anaesthesia available, Covered by OHIP
Call our office for details

...Sleep Better

**Noninvasive treatment
of Snoring and Sleep Apnea**

...Sleep Better

Call our office for details.

**New Patients
are always Welcome!**

DIGITAL X-RAY
 Children Dentistry
 Cosmetic Dentistry
 Crowns & Bridges
 Hygiene Services
 Root Canal

Teeth Whitening
 Dental Surgery
 Sleep Apnea - Snoring
 Digital X-Ray
 Dental Surgery

Hospital Privileges
 Dentures
 Implants
 Fillings
 Evening Office Hours

Lose the salt without losing the taste.

Call a Registered Dietitian for free healthy eating tips.

EatRight Ontario 1-877-510-510-2



eatrightontario.ca



PELHAM DATEBOOK

THE TRIBUNE

Enjoy convenient home delivery of the Welland Tribune and receive a one year* subscription to Vines Magazine.

VINES
COOL SUMMER SIPPERS
SEASONAL SIPS THAT PACK A PUNCH
PERFECT '12 ONTARIO TICKETS
THE NEW VINTAGE
GRILL GUIDE
WINES THAT PLAY WITH FIRE
NEXT UP
JANIS ROBINSON
PREDICTS THE FUTURE

START YOUR COMBO SUBSCRIPTION TODAY BY CALLING TOLL FREE

ENJOY YOUR
NEWSPAPER
COMBO
FOR AS LITTLE AS
\$3.25
A WEEK!
26 WEEKS
OF HOME
DELIVERY
FOR ONLY
\$84.00!

wellandtribune
.ca

OFFER VALID UNTIL AUGUST 31, 2014.

1-855-533-5594

Offer valid to new subscribers only who have not had home delivery in the last 90 days. 26 weeks of home delivery plus Vines Magazine with your Welland Tribune newspaper subscription. *Vines Magazine 1 year = 7 issues. Price includes HST. Offer is valid only where home delivery is available not available in all areas and may not be used in conjunction with any other offer. Please allow 10-15 weeks for mail delivery of magazine. Credit Card Payment Option Only **Total obligation \$80.00 + \$4.00 tax=\$84.00. Offer is non-refundable. Offer expires Aug 31, 2014.

MARCH 27

FIRST AID/CPR/AED

course this day and March 28, 9 a.m. to 4:15 p.m., at 3 East Main St., Welland. Call 905-788-3751 or e-mail reception@employment-solutions.org to reserve your spot.

MARCH 28

TRIVIA NIGHT

in Support of the 6th Girl Guide International travel group, at the Fonthill legion hall, 141 Hwy. 20 E. Doors open at 7 p.m., trivia starts at 7:30 p.m. Tickets are \$20 and include pizza and door prizes. Call 905-246-5184 for tickets.

MARCH 29

BOOK SALE

ends at Pelham Public Library Gently-used books for sale, games, puzzles, CDs, DVDs and more. On this day fill a grocery bag for \$2.

MARCH 31

WILD WEST SHOWMAN

Tom Bishop Sr. of Ridgeville will talk about his career as producer of Wild West show and being a trick rider, stunt man and animal wrangler. This year, Tom Bishop's 48 Ranch Productions is celebrating 100 years, as a third generation carries on with "North America's Only Surviving Wild West Show". Starts 7 p.m. Cost \$4. Register ahead.

APRIL 1

VETERANS AFFAIRS

visits Royal Canadian Legion Branch 4 on Morningstar Ave., Welland, starting at 9 a.m. First come, first served.

APRIL 2

NSNAP

Niagara Spay Neuter Assistance Program is holding a spring Eassey sale and fundraiser.

April 2 to 6 in front of the Fairview Mall Zehrs. New and nearly new gift items, housewares, clothing, jewelry, baking and more. All funds go to Spay/Neuter in Niagara. Donations, cat food and volunteers gratefully accepted. Contact 289-897-9514 or see www.niagraspayneuterassistance.org.

APRIL 6

MODEL RAILROAD

open house hosted by Greater Niagara Railroad Engineers at their 1141 Maple St. clubhouse in Fenwick, noon to 4:30 p.m. Donations appreciated.

MANDOLIN CONCERT

Choosing from a rich palette of music inspired by colours, the Mandolin Orchestra of Niagara will perform under the direction of Sylvia Hlywka Brabson at the Welland Community Wellness Complex theatre, 2 p.m. to 3:30 p.m. Tickets are available from the wellness centre. Guests will be McPherson's Rant.

MEDITATION

Marcia leads you through different types of meditations. Great for beginners and people who have meditated before. Please bring a pen and notebook plus \$3 to Pelham Public Library, 2 p.m. to 4 p.m. Register in advance.

APRIL 8

THE SCOOTER DIARIES

Tove Bowman will be at Pelham Public Library to tell her love story - The Scooter Diaries: An Adventure Romance Through Latin America - that started in 1959, when Ron Bowman quit his job as a reporter and bought a 150cc Lambretta scooter intending to ride from Thorold all the way to South America. Register ahead for her 7 p.m. visit. Cost \$4.

METIS IN NIAGARA

Welland Historical Museum offers a presentation at Welland Public Library on Metis in Niagara. The museum offers a permanent exhibit on the topic as well. This program is free and starts at 7 p.m. Register in advance.

Continued on next page

WANT YOUR NON-PROFIT EVENT INCLUDED?

SEND US YOUR INFO

When submitting listings by e-mail, please use only
wtrb.datebook@sunmedia.ca.
Please do not send attachments.
Full listings online under Life





PELHAM ETEBOOK

From previous page

APRIL 9

SPRING TEA

The ACW of Holy Trinity Church will host tea for children and youth dealing with mental health issues. Also speaking bilingual (French/English) seeking volunteers to assist in our supervised visitation program. Contact Linda at volunteer@pathstone.ca or 905-688-6850 ext 148. March training sessions are being offered.

APRIL 10

PROSTATE CANCER

awareness forum addresses the complications of treatment. Starts 7 p.m. at St. Catharines hospital with guest speaker Dr. T. Davies of McMaster. Free, including parking at Lot A. For information call 905-378-4647 Ext. 32083.

APRIL 11

TRIVIA NIGHT

to raise funds for the Weinfield cenotaph project. The event will be at the Hwy. 20 legion hall in Fortnith. Teams of eight per table; cost is \$20 a person. Doors open at 6:30 p.m., game begins at 7:30 p.m. To register, call 905-714-9308 or 905-386-6978.

APRIL 13

MODEL RAILROAD

open house hosted by Greater Niagara Railroad Engineers at their 1341 Maple St. clubhouse in Fenwick, noon to 4:30 p.m. Donations appreciated.

BECAUSE YOU CARE

spring fashion show and luncheon in support of Walker Family Cancer Centre in St. Catharines will be held at Riverstone Event Centre in Welland, featuring fashions and accessories showcased by 270+ Top, Casual Ladies Wear and Monica's of Welland, fine quality intimate apparel and mastectomy fitting. Doors open at 12:30 p.m. and the day will also include lunch, entertainment by the Martini Sisters, raffle prizes, door prizes and a special gift for all attendees. Tickets are \$40, available at Monica's of Welland, 86 West Main St., or 270+ West, 224 West St., Port Colborne.

APRIL 14

EMPLOYMENT HELP

Learn tips and tricks to help you excel at job interviews. Presented

by Niagara College Employment and Training Solutions, at Pelham Public Library 2 p.m. to 4 p.m. Free. Register ahead at 905-892-6443.

APRIL 15

AGRICULTURE NIGHT

Fortnith Lions Club will be hosting its 63rd annual Agriculture Night at the Fortnith legion hall. It's a night we salute our farming industry. Guest speaker is Kevin Ker of Pelham, principal consultant at K&S and a specialist in research and advisory services for grape and tender fruit production. Ker will speak on grape growing in eastern China. Tickets for the roast beef and ham buffet are available at Klager's Meats, 905-892-2616, or from any Fortnith Lion, or e-mail: fortnith.lions@sympatico.ca. Tickets are \$10. Dinner is at 7 p.m.

APRIL 16

STRATEGY TO END POVERTY

The annual general meeting of STEP-Niagara, runs 4:30 p.m. to 5:30 p.m. in Room 109 at Welland Civic Square.

TRAVELGUE

on Chicago, California and Newfoundland. Visit Pelham Public Library to see and hear about the slides from Earl Clint of Westra Travel. For the past 16 years he has planned and escorted motor coach tours throughout North America and taken groups on cruises throughout the Caribbean, in Europe and to Alaska. Time 7 p.m. to 9 p.m. Free. Register in advance.

APRIL 25-27

PELHAM HOME SHOW

presented by Fortnith and District Kinsmen at Pelham Area. Exhibitor applications at www.thorntonskinner.ca. For information contact 905-346-8288 or thorntonskinner@hotmail.com.

MAY 13

SPRING SHINDIG 2014

This concert/dance featuring Canadian grand master fiddler Patti Lamoureux starts 7:30 p.m. at Rockway Community Centre, 2021 Regional Rd. 69 (Pelham Rd. at the corner of Wessel Rd.). Tickets are \$15 in advance or \$20 at the door. The concert is followed by hot-lyme dance, door prizes, raffles and 50/50 draw. Contact Cassandra at

905-682-3800 ext21 or www.csm.ca. Proceeds to support Community Support Services of Niagara.

ONGOING

PATHSTONE MENTAL HEALTH

is seeking mentors and tutors for children and youth dealing with mental health issues. Also seeking bilingual (French/English) speaking volunteers to assist in our supervised visitation program. Contact Linda at volunteer@pathstone.ca or 905-688-6850 ext 148. March training sessions are being offered.

LOVE YOUR LIBRARY

spring gift basket silent auction fundraiser for Pelham Public Library opens bidding at 10 a.m. April 14 and ends May 24 at 4 p.m. Themed gift baskets, artwork, tickets and more. Sign up for a number at the rose desk.

ROSE CITY TOASTMASTERS

meets Thursdays, 7 p.m. to 9 p.m. in the Lower Community Room of Welland Area, 501 King St. We focus on improving communication skills in a friendly, supportive atmosphere. Your first three meetings are free. Call 289-696-3157 or visit welland.toastmastersclubs.org

A CAPPILLA NAGARA

Men's Chorus invites singers for fun, fellowship and fabulous four-part harmony at Welland Community Wellness Complex, 145 Lincoln St., on Tuesday nights at 7:30 p.m. For information call Kerry at 289-820-6584 or Bob at 289-892-2445.

BEREAVEMENT SUPPORT

Anyone who is grieving the loss of a loved one, meetings are every second and fourth Thursday of the month at St. Kevin's church (Hospitality Room) from 7 p.m. to 9 p.m., 303 Niagara St. Call 905-732-3593 for further information.

TRIF CRAFT AFTERNOONS

Knit it, scrap it, bead it, quilt it - whatever your craft is, bring your materials to Pelham Public Library for sharing, learning and fun on Fridays from 1 p.m. to 3:30 p.m. Drop in. Costs \$2, refreshments available.

SPAN

(Single Person Association of Niagara) is a social club since 1982 for mature singles who meet and mingle at Iggy's Pub, 115 Hwy. 20, Fortnith, every Tuesday 6 p.m. to 8 p.m. Members get a monthly calendar of social activities. For further information call Lynne at

905-788-0359.

ALZHEIMER SOCIETY

of Niagara Region support groups for care partners meet the first Tuesday of

the month, 1:30 p.m. to 3 p.m. at Welland Community Wellness Complex, and second Wednesday of the month, same time, at Foyer Richelleu. For information, call 905-687-3514.



AARON BOGGIO
R.Ph., B.Sc., PHM

B BOGGIO
Family of Pharmacies

Ask Our

Pharmacists

THE REVEALING TRUTH - A QUICK LOOK AT COLON CANCER PREVENTION

It's an uncomfortable topic of discussion for some, but it is a very important one that needs to be addressed. The words colon cancer screening and colonoscopy may not generate the best reaction, however, the intention of this article is to assuage your fears and reinforce the benefits of this screening procedure.

March is Colon Cancer Awareness Month and everyone could use a little update about the topic. Colon cancer is the second leading cause of cancer-related deaths in Canada for both men and women, but it is surprisingly treatable if detected early; hence the importance of the colorectal screening procedure. Beginning at 50 years of age for those at average risk of developing colorectal cancer, a simple at-home stool test - the Faecal Occult Blood Test (FOBT) - should be completed and repeated every two years. However, if you have a first-degree relative with colon cancer, your screening should begin about 10 years younger than the age at which they were diagnosed (for instance, if your close relative was 50 years old when diagnosed, you should begin screening when you turn 40) and it is advised that a colonoscopy be performed. At this point in time, colonoscopy is the gold standard for the detection of any abnormalities of the colon, such as polyps, that may eventually become cancerous if not appropriately treated or removed. It should be noted that most colonoscopies do not result in a diagnosis of cancer. The purpose of these screening procedures is to look for signs that could eventually progress to that and remove them before they pose a problem. It's all about prevention!

Many people have the idea that a colonoscopy is a painful experience. This should not be the case. The patient is most often well-sedated and unaware of the procedure unless they request to be awake. Likely, the most discomfort the patient will experience is during the day before the procedure, because they are required to consume an all-liquid diet and then take a laxative to clear out the bowel. One day of hunger and slight discomfort is surely worth having the procedure done properly!

There are some simple things that you can do to help reduce the chances of developing colon cancer. Eat a diet that is high in fibre and low in fat, try to avoid eating processed foods, stay active and maintain a healthy body weight. Talk to your doctor or pharmacist if you are unsure about what foods to eat or what a healthy weight is for you.

There are some signs and symptoms to be aware of that may indicate there is a problem in the colon. These include blood in the stool or black-coloured stool, long-narrow shaped stools, abdominal cramping, or unexplained weight loss. If you are currently experiencing any of these symptoms or you notice these changes, don't delay talking to your doctor. They will be able to get to the bottom of it!

BOGGIO & PARTON PHARMACY

155 Hwy. 20 W, Fortnith

905-892-4994

www.boggios.com



RON PARTON
R.Ph., B.Sc., PHM

LOCAL NEWS

LET'S ALL DO OUR PART! PLEASE RECYCLE.



Lions to salute farming

Fonthill Lions Club will be hosting its 63rd annual Agriculture Night, April 15, at the Fonthill Legion. It's an evening of paying tribute and saluting the farming industry in Niagara.

Guest speaker will be Pelham resident Kevin Ker, who is the principal consultant of KCMS. He is an internationally recognized specialist in research and advisory services for grape and tender fruit production and is Canada's most experienced integrated pest management specialist for those crops.

Ker has delivered seminars and research results across Canada, the U.S. and has authored and co-authored fact sheets, grower articles, workbooks and seminars for the government and academic community.

Ker holds the position of research associate with the Cool Climate Oenology and Viticulture Institute at Brock University and is a Brock

lecturer in the four-year oenology and viticulture degree program.

Tickets for the evening, which includes a roast beef and ham buffet, are available at Klager's Meats, 905-892-2616, or from any member of the Fonthill Lions Club. Tickets can also be purchased by e-mailing fonthill.lions@sympatico.ca. Tickets are \$20, dinner begins at 7 p.m.

Event ambassadors needed

The Town of Pelham is looking for volunteers who are energetic, creative, imaginative, helpful and compassionate to join its team as "special event ambassadors".

Ambassadors will help organize and run signature events such as Pelham Summerfest, Canada Day celebrations, Christmas in Pelham and various Thursday night activities.

The town will provide training to ensure safely and emergency procedures are followed as necessary. Having first aid and CPR training is not mandatory, but an asset.

High school students are welcome to use their involvement as a special event ambassador toward their mandatory community involvement hours.

Application forms are available at pelham.ca/application-forms/ special-event-ambassadors.

For a complete listing of volunteer opportunities available through the Town of Pelham, visit pelham.ca/volunteer-opportunities.



Caltron Concrete Restoration Limited

Niagara's Experts in Concrete Problems
State-of-The-Art Product & Techniques

- Water Stoppage
- Inside & Outside Repair
- Concrete rehabilitation
- Parging, Repair
- Concrete Toppings
- Block & Brick Repair

20 Years Serving Niagara Region
Bonded & Insured

905-374-9087

www.caltronconcrete.ca

5933 Swayze Dr., Niagara Falls, ON





CANADIAN TIRE



SAVE 50%*

YOU MIGHT NEED THIS

SAVE 50%*

FREE ASSEMBLY ON ALL BIKES

DON'T FORGET YOUR BIKE HELMET!

Save \$14.99 Reg. \$29.99 Alpina 21-Speed Road, 16" and 18" aluminum frames. Full Shimano drivetrain. Front disc brake. Suspension fork and alloy rims. 71-19452

ONLY \$159⁹⁹

159.99 Classic Cruiser Single-Speed Bike. Men's 16" and women's 17" frames.

12 MONTHS*

NO FEE NO INTEREST FINANCING

WHEN YOU SPEND \$200 OR MORE

*See store for details and restrictions.

ONLY \$99⁹⁹

99.99 Supercycle 1800 24" Mountain Bike. Boys' and girls' models. 71-19446

ONLY \$139⁹⁹

139.99 Supercycle Vici 18-Speed Full-Suspension Bike. 24" model. 71-19444

SAVE \$80

Save \$164.99 Reg. \$244.99 Schwinn Sanctuary 7-Speed Comfort Bike. 17" frame. 25" tires. 71-19074

ONLY \$94⁹⁹

94.99 Supercycle Boy's/Mother or Girl's Dacia 16" Bike. 71-13366

SAVE 20%*

Save \$19.29-21.99 Reg. \$24.99-26.99 Schwinn Bike Accessories. Assorted bags, grips, fenders, canteens, bells and more. 71-19446

ONLY \$199⁹⁹

199.99 Krukenberg Republic 21-Speed Bike. Urban frame with front disc brake. Shimano rear derailleur. Youth's 13" and 16" frames. 71-19112

SAVE \$20

Save \$99.99 Reg. \$119.99 Supercycle Impulse 20" Bike for Boys and Girls. Power grip shifter. 5-speeds. Power rear derailleur. Front suspension fork. 71-19112-4

SAVE 20%*

Save \$12.99-21.99 Reg. \$15.99-26.99 CCM Bike Accessories. Selected locks, pumps, lockstands and more. 71-19446

ONLY \$99.99

99.99 Torque Tricycle with Toy Car. 17" frame. 71-19444

ONLY \$109.99

109.99 CCM Arrow 16" Bike for Boys. 71-19444

ONLY \$119⁹⁹

119.99 Green Suede 20" Bike for Girls. 71-19444

ONLY \$99⁹⁹

99.99 Supercycle Team 8" Bike for Boys. 16" frame. 5-speeds. 71-19444

ONLY \$129⁹⁹

129.99 20" Mountain High Girl's Bike. Upgraded grips and saddle. Exclusive to Canadian Tire. 71-14444

ONLY \$89⁹⁹

89.99 Supercycle Ikuhan 16" Bike. Boys' and girls' models. 71-19446

SAVE 25%*

Save \$101.24-279.74 Reg. \$134.99-359.99 Selected Lifetime Basketball Systems. 60-129-07222-9

ONLY \$69.99

69.99 Razor Pro X Stunt Scooter. 60-129-07222-9

SAVE 15%*

Save \$4.99-11.99 Reg. \$5.99-12.99 Selected inline Skates and Pads for Adults and Children. 60-129-07222-9

SAVE 25%*

Save \$4.99-124.99 Reg. \$6.99-179.99 Selected Baseballs and Softballs. Glove, shoes, socks and more. 60-129-07222-9

SAVE 20%*

Save \$6.99-43.99 Reg. \$7.99-79.99 Selected Soccer Gear. Shoes, balls, socks and more. 60-129-07222-9

Jumpstart

Giving kids a sporting chance

ST. CATHARINES
805-227-7481

WELLAND AV.
805-888-0488

NICLOD RD.
805-358-0191

ST. CATHARINES
805-882-6276

MONTROSE RD.
805-354-3848

GARRISON RD.
805-871-1564

WEST SIDE DR.
805-835-1155

PRINCEWAY DRIVE
805-732-7601

SELECTION MAY VARY BY STORE

Save up to 60% No Strings Attached!

frugal fridays



Cock a Doodle Diner	Wildfire	Chic Boutique
Volcano Pizza	Colombo Pizzeria	Niagara's Designated Drivers
Great Clips	DanceFit Canada	Helen's Deli
Butler's Grill	Dora's Grill	Mama's Kitchen
Crystal Chandeir	Hernder Estates Winery	Sharps & Squares Bar & Grill
Dairy Queen	Tie Pink Restaurant	Tony Roma's
Maple Leaf Fudge	Green Acres Restaurant	Krown Rust Niagara
Donnelly's Pub	Welland Home Textiles	Lasik Provision Niagara
Victoria Fireworks	The Works Gourmet Burger	Dom's Pasta and Grill
Outback Steakhouse	Bestway Bedding	Churchill Natural Meats
Seaway Mall	Backety Back Diner	Celtic Pub
Mick & Angelo's	Blakes Men's Wear	IHOP

pelham
news

ca

.....and many more!

AVAILABLE ONLINE ONLY

COMING APRIL 4th! 7am - 7pm
PelhamNews.ca/FrugalFridays

LOCAL NEWS

■ **HOCKEY:** Goal of fundraiser is turn Olympic pride into action

Benefit tyke tournament helps less-fortunate

BERND FRANKIE
Pelham News Staff

Jerry Winnicki wants Canadians to turn their Olympic pride into action to help him find the next Sidney Crosby.

That means putting their money where their mouths are since hockey's next superstar may not even be playing the sport. Winnicki said immense talent remains wasted and untapped "in the back 40" because not every family can afford the high cost of registration and equipment.

"In costs more than \$1,000 just to get a kid on the ice, never mind the equipment. After the Olympics, in struck me a lot of kids couldn't afford to play play hockey, and there are some kids in the back 40 would could be superstars if they had the chance," he said.

Winnicki wants to give them that chance, that same chance his sons Andrew, Matthew and Rob had when they graduated through the ranks of the Pelham Minor Hockey Association.

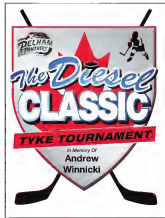
He is organizing a 12-team tyke tournament Saturday at Pelham Arena, with all proceeds from The Diesel Classic going to help children who wouldn't otherwise afford organized hockey.

Winnicki stressed all money raised will go to individuals, not to minor hockey associations. He said will work with organizations such as Big Brothers and Canadian Tire's Jump Start program to identify families that would benefit from the fund.

"This should be done all over Canada."

The seed for a tournament honouring the memory of his son Andrew (Diesel) Winnicki was planted last month when Winnicki was among the millions glued to the TV watching Canada win gold in men's and women's hockey at the Winter Olympics in Sochi, Russia.

"Back then everybody was cheering for Canada. Now it's time to put your money where your mouth is as I find the next Sidney Crosby," said Winnicki, whose son was 22 and living in Ottawa when he was killed in a duck hunting



accident in September 2012.

Admission is free to the one-day tournament, with Winnicki hoping to raise enough from the sale of raffle tickets to get at least two children enrolled in minor hockey. Prizes include autographed jerseys from the Edmonton Oilers and Ottawa Senators along with memorabilia from other NHL teams.

He chose to put four- to six-year-olds in the spotlight at the inaugural tournament because that age group is the entry level for organized hockey.

"They can hardly skate at that age, and for a lot of them this will be their first competition," said Winnicki, a sales manager at Clark Agri Service in Wellandport.

Ten local teams and one each from Amherst, N.Y., and Oakville are guaranteed two games and there will be "no winners or losers."

"There is going to be a beautiful trophy presentation at centre ice, and it's going to be jazzed up for the kids. Everybody is going home with a trophy," Winnicki said.

For more information on the tournament or to donate raffle prizes, Winnicki can be reached at 905-736-1426.

bernd.franke@sunmedia.ca



ST. CATHARINES

GET YOUR Heart RACING

2014 Mazda3 Sport



Car of the year
Over \$21,000
NOW LEASE FROM ONLY \$88
BI-WEEKLY
36 months/\$1395 down
HST Extra

2015 CX5
NOW LEASE FROM ONLY \$139
BI-WEEKLY
60 months/\$1400 Down
HST Extra



ST. CATHARINES MAZDA
161 Scott Street, St. Catharines
(Corner of Scott-Lake St.)
www.StCatharinesMazda.com • 905-684-6318
* Lease is based on 20,000 km's per year, HST EXTRA.

GIANT TIGER

— your **save on everything** store —



Our lowest prices

NOW EVEN LOWER

Prices in effect March 26th -30th, 2014, while quantities last.

Beatrice
sour cream
14% or 5%



LOW PRICE!
\$1.69
Reg. 2.19

Bob's
bacon



SAVE \$1
\$2
Reg. 3.00

Giant
Value
mixed
nuts



SAVE \$1
\$4.97
Reg. 5.97

Catelli
pasta
sauce



SAVE 1.40
\$1.47
Reg. 2.87

Beatrice
fruit
bottom
yogurt



STOCK UP!
\$54.99
Reg. 59.99



Aqua Star
butterfly
shrimp

SAVE \$2
\$6
Reg. 8.00

Airwick
freshmatic



LOW PRICE!
\$5
Reg. 10.00

Sunlight
laundry
detergent



LOW PRICE!
\$4
Reg. 8.00

stainless steel
cookware set



5 PRICE SET!
\$8
Reg. 13.00

12 piece glass
tumbler set



12 PRICE SET!
\$9.98
Reg. 12.00

20 Highway 20 East, Fonthill
Mon. - Fri. 8am-9pm • Sat. 8am - 6pm • Sun. 9am - 6pm

fashion • grocery • home & *surprises!*

Join us!



foursquare



WATCH, PIN, POST, LIKE, FOLLOW OR TWEET

GIANTTIGER.com





Classifieds

pelhamnews.ca/classifieds



Phone: 1-866-541-6757 • Fax: 1-866-485-8461 • Email: pelhamnews.classifieds@sunmedia.ca

General Help
Wanted

General Help
Wanted

Careers

**BILLYARD
INSURANCE**
In Welland Seeking
PBCO Licensed CSR
Competitive Salary
Excellent Computer
Skills an Asset
Call Steven@
905-369-2194 or
Email Resume to:
steve@
billyardinsurance.com

Apartments

FONTHILL 2 BDRM.
Stove & fridge, laundry
off kitchen 1st & last
\$820, incl. hydro, April 1st,
Call 905-693-3800

Employment
Wanted

Apartments

Location!

2 BDRMS available.
Spacious & quiet
modern living.
Balconies, laundry,
security entrance,
close to Maple park,
bus & shopping.
Starting at \$650.
578 CLARE AVE.
Call 1-205-735-5744

2 Lower Apts, 1 Bdrms
\$650, \$600 + utils.
NORTH, Terrace Park,
Elm St, Port Colborne
288-335-8481

KINGS MANOR
on Glen Park Dr.
1 & 2 bdrm apts.
Part time parking, Extra
storage. 905-734-2225
or 905-735-5371

Produce/Food

**DEVRIES
FRUIT FARM**
Fresh Crisp Apples,
Apple Cider Eggs,
Frozen Fruit &
Preserves!
863 Carleton Rd. 1
km West of Fenwick.
Call 905-692-0724
Closed Sunday



PELHAM NEWS CARRIERS NEEDED IN THE FONTHILL AREA

Flyer delivery once a week
Call 905-732-2414 ext 0

THE WELLAND TRIBUNE IS LOOKING FOR CARRIERS IN THE FONTHILL AREA

If you are interested call
905-732-2414 EXT "0"

Employment
Wanted

Employment
Wanted

Employment
Wanted

The Standard

JOIN A Winning Team!
Newspaper Routes Available!
"MONDAY TO SATURDAY HOME DELIVERY"

Fonthill:

• Leslie, Lorimer, Shorthill, Station St. Call 289-398-1139

Interested in being a Standard carrier?
Call and apply today!

Standard Circulation Department

905-684-7251

THE END IS NEAR:

BELIEVE IT?

How do Canadians know if it's true (or not)?

They turn to the trusted source: Newspapers
in print, online, tablet and phone.

And, research finds that they trust the ads there too
– more than those in any other medium.

Be where Canadians look.



NEWSPAPERS CANADA

YOUR BREAST HEALTH



Canadian
Cancer
Society

Société
canadienne
du cancer

BE AWARE

Know your body.
Learn the risk factors.

GET THE FACTS

Call the Canadian Cancer Society to get the information you need about our *Seven Steps to Health*, screening, early detection and protecting your breast health.

BE PROACTIVE

Follow breast-screening guidelines.
Practise a healthy lifestyle.



CALL OUR CANCER INFORMATION SPECIALISTS WITH YOUR QUESTIONS OR TO CONNECT
WITH OUR SUPPORT SERVICES. 1 888 939-3333 • WWW.CANCER.CA

'MIRACLE MOLECULE' SUPERCHARGES CIRCULATION, PROMISING BETTER BLOOD FLOW, BLOOD PRESSURE AND INCREASED MENTAL CLARITY & STAMINA!

90-SECOND CIRCULATION BOOSTER

Are you concerned with high blood pressure or cholesterol, a lack of stamina and energy, a dip in libido and physical performance, or the increased "senior moments"? The answer to living without these health concerns has been discovered in what scientists are calling the most important health breakthrough of our time. The discovery starts with nitric oxide (N-O).

OVER 40 LOSING CRUCIAL RESERVES

N-O is a natural substance produced by the body that has amazing effects on health and circulation. The American Heart Association published one of many studies showing that N-O, in fact, your body don't produce enough N-O. In fact, your body produces less than half of what it did at 20.



NOBEL PRIZE WINNING DISCOVERY

Three researchers received the prestigious Nobel Prize for this discovery. One of the winners says, "There may be no disease process where this miracle molecule does not have a protective role."

GOOD NEWS FOR BOOMERS!

Researchers reported that N-O helps with energy levels, blood pressure, cholesterol, joint discomfort, and assisted in strengthening the immune system.

Based on the research of Dr. Nathan S. Bryan, PhD, who lectures to doctors around the world about Nitric Oxide, Neogenes® Labs has created a revolutionary lozenge, called Neo 40 daily, that makes it easy to restore N-O levels.

Neogenes® restores your N-O to youthful levels, by only taking within 90 seconds and begins to work immediately, which leads to better circulation, for many in as little as 20 minutes.

BETTER CIRCULATION TO WHOLE BODY

Better circulation helps increase stamina, maximizes metabolism, helps manage stress and maintains healthy sexual function.

Healthy N-O levels also promote better blood pressure and cholesterol as a result of improved circulation to all major organs.

SURPRISE BENEFITS FOR MEN & WOMEN

"Adequate amounts of Nitric Oxide insure sufficient amounts of blood to flow to the extremities, especially the penis, resulting in an erection. The same applies to women, where proper blood flow is essential to women's sexual pleasure and desire." Dr. Bryan. A boost in Nitric Oxide levels may equal increased sexual sensitivity for men and women. Dr. Tammy from Ontario said, "The first night after my first dose I had improved circulation in my hands. I find the increased circulation is a definite benefit in the bedroom."

We noticed a difference in my husband's erections within a week. We can't believe how well it works." reports pleased wife Marion S. of New York.

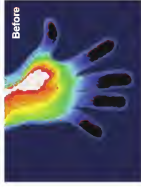


Tanya & Ian Birrell
Owners of The Healthy Cupboard

SIGN UP FOR OUR NEWSLETTER AT
www.healthycupboard.ca

The Healthy Cupboard

www.healthycupboard.ca • healthycupboard@gmail.com



Dark = Low Blood Flow



Light = Increased Blood Flow

Actual Thermographic Image of Hand shows circulation in hands before and after taking Neo 40 daily. On the Left, the fingertips are almost black showing little blood flow. On the right, lighter colored fingers show increased blood flow after only 20 minutes.

NATURAL RESULTS YOU CAN FEEL

Lee L. from CA was stunned with her results. "I have had knee, leg and shoulder problems for over 10 years. The pain has deprived me of sleep for months!"

Ronald D. TX explains, "The results were noticeable overnight. I had more energy and was able to focus more readily."

BEEF & BERRY COMBO BOOSTS N-O

Neo 40 daily proprietary combination of N-O boosting nutrients: amino acids, B Vitamins, Vitamin C, and Magnesium are specially formulated with the perfect combination of red beef and Hawthorn berry.

The natural chemistry between them generates Nitric Oxide when dissolved in the mouth. The result is increased oxygen delivery, improved vascular function, enhanced sexual enjoyment, and protection against free radicals.

BOOST BLOOD FLOW & OXYGEN

STARTING IN 20 MINUTES!

"I recommend this lozenge because it helps the body restore N-O, which leads to healthy circulation; for most in as little as 20 minutes," affirms Dr. Bryan. The result is increased oxygen delivery, heightened immune function, improved vascular function, and enhanced sexual enjoyment.

CLINICALLY SHOWN TO HELP YOUR BODY:

- Reduce triglyceride levels (27% average in 30 days)
- Improve sexual performance through improved circulation
- Support healthy blood pressure
- Support cardiovascular and heart health
- Increase the body's circulation
- Improve artery health

TWO LOCATIONS

FONTHILL • 111 #20 EAST
(Across from Subway)

905.892.9054

PORT COLBORNE • 101 CLARENCE ST.

(Across from Food Basic)

905.835.9806

The Healthy Cupboard

\$5.00 OFF
NEO40 Daily

valid until April 12th, 2014